



U.S. ARMY CADET COMMAND

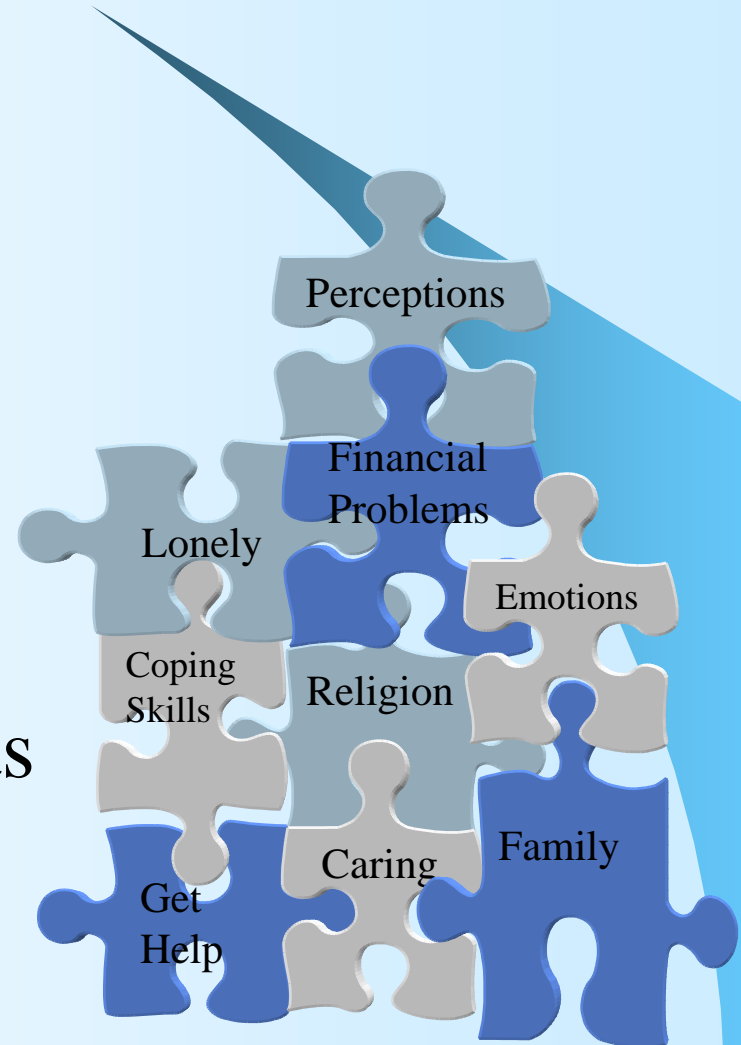


Suicide Prevention

Reach Out, Show You Care

Overview

- ◆ Definitions of Suicide
- ◆ Suicide Statistics
- ◆ Suicide Myths
- ◆ Identify Warning Signs
- ◆ What to do
 - ◆ Who to contact
 - ◆ How to Help
- ◆ Reporting Requirements



Quote From a Soldier's Suicide Note

***“The Army Will Help If
You Know How to Help
Yourself. That’s the
Problem, I Don’t Know
How to Help Myself.”***



Definitions

◆ Suicide

◆ A **deliberate** act of self harm that results in **death**

◆ Non-fatal Suicidal Behavior

Suicide Attempt

Suicide Gesture

Suicide Ideation



Leadership Roles in the Prevention of Suicide

- ◆ Take a proactive approach.
- ◆ Foster a caring community.
- ◆ Know your soldiers, employees, and family members.
- ◆ Use all available resources.
- ◆ Be approachable.



Suicide Is:

- ◆ A problem that will not go away.
- ◆ An avoidable tragedy.
- ◆ Never a solution to a personal problem.
- ◆ A concern for all – leaders, supervisors, friends, co-workers.
- ◆ A form of expression that communicates hurt, pain, desperation and powerlessness.
- ◆ Difficult to detect.



Army Suicide Demographics



*"People have one thing in common,
they are all different."*

ZEND



1998 National Suicide Statistics

- ◆ **Total of 30,575 (1 every 17 minutes)**
- ◆ **764,000 attempts**
- ◆ **8th ranking cause of death**
(homicide ranks 13th)
- ◆ **3rd leading cause of death for youth**



U.S. Army Suicide Statistics

- ◆ **During the 1990's:**
 - ◆ **803 soldiers committed suicide**
 - ◆ **2nd leading cause of death**
 - ◆ **10 times more have committed suicide than have died by hostile fire**
- ◆ **Most want to live**
- ◆ **Many are preventable**



Myths About Suicide

- ◆ People who commit suicide are crazy.
- ◆ Good circumstances prevent suicide.
- ◆ People who talk about suicide will not commit suicide.
- ◆ People who threaten suicide, cut their wrists, or do not succeed with attempts are not at risk for suicide.



Myths Continued

- ◆ Talking about suicide to people who are upset will put the idea into their heads.
- ◆ People who are deeply depressed do not have the energy to commit suicide.
- ◆ People often commit suicide without warning.
- ◆ Most suicides occur at winter holidays.



Suicide Warning Signs

- ◆ Talk about committing suicide.
- ◆ Have trouble eating or sleeping.
- ◆ Experience drastic changes in behavior.
- ◆ Withdraw from friends or social activities.
- ◆ Lose interest in hobbies, work, school, etc.
- ◆ Prepare for death by making final arrangements.
- ◆ Give away prized possessions.



Warning Signs Continued

- ◆ Have attempted suicide before.
- ◆ Take unnecessary risks.
- ◆ Have had a recent or severe loss.
- ◆ Be preoccupied with death and dying.
- ◆ Lose interest in his or her personal appearance.
- ◆ Increase his or her use of alcohol or drugs.



Suicidal Feelings

- ◆ Can't stop the pain.
- ◆ Can't think clearly.
- ◆ Can't make decisions.
- ◆ Can't see any way out.
- ◆ Can't sleep, eat, or work.
- ◆ Can't get out of depression.



Suicidal Feelings Continued

- ◆ Can't make sadness go away.
- ◆ Can't see a future without pain.
- ◆ Can't see themselves as worthwhile.
- ◆ Can't seem to get someone's attention.
- ◆ Can't seem to get control.



Seven Steps for Helping

1. Take all threats seriously.
2. Ask the person to tell you what is wrong.
3. Offer Support.
4. Remove anything that could be lethal.
5. Don't leave the suicidal person alone.
6. Be positive and emphasize choices.
7. Get professional help.



Where To Go For Help

- ◆ Chain of Command
- ◆ Employee Counseling and Referral Service
1(800) 222-0364
- ◆ Local Emergency Services – 911
- ◆ Local Crisis Hotlines
- ◆ Chaplain or Local Religious Leader
- ◆ Army Community Services
- ◆ USACC Web Page
<http://www.rotc.monroe.army.mil/soldier/Suicideprev.asp>
- ◆ Campus Crisis Center/Hospital



Reporting

- ◆ A Serious Incident Report (SIR) must be submitted through the Chain of Command

- ☑ First Step

SIR submitted to the Brigade

- ☑ Second Step

Brigade submits SIR to the Region

- ☑ Third Step

Region submits SIR to HQ USACC



*“Human understanding is
the most effective
weapon against suicide.”*

Dr. Edwin Schneidman.

